



THE FRANKLIN Connection

Franklin Senior Center's Monthly Newsletter

DECEMBER '21/
JANUARY '22

The Franklin Senior Center

10 DANIEL MCCAILL ST.
FRANKLIN, MA 02038
PHONE: 508-520-4945
FAX: 508-520-4917

OPEN MON-FRI
8:30am- 4:00pm

<http://www.franklinma.gov/>

BEN'S BOUNTY GIFT SHOP 10AM-1PM

Open Mon-Thurs



Common
Grounds

Café

BKFAST 8:30-10:30AM
Lunch 11:00-1:00PM



NOW OPEN
DAILY FOR
BREAKFAST &
LUNCH



DRUM CIRCLE



Tim Kane, a certified drum circle facilitator, will lead a one-hour basic hand drumming program using African Djembes and percussion hand drums on **Monday, December 6 at 11:00 AM.** Drums will be provided and no experience is necessary. Space is limited, please call the Center to sign up. This program is supported by a grant from the Franklin Cultural Council, a local agency which is supported by the Massachusetts Cultural Council. Many thanks for their support!



DIGITAL PHOTOGRAPHY 5 WEEK BEGINNER CLASS

Are you still getting to know your digital camera or smartphone and its features? Here's an opportunity to learn from an expert in this seminar for beginners! Have your camera or smartphone ready and learn when and how to use its special features - such as program mode, manual mode, aperture priority and shutter priority. Also covered will be basic composition and best use of light for different situations, such as plant, people, macro, and landscape photography. Classes are taught by professional photography teacher Steve McGrath. **Friday, Jan. 7, 14, 21, 28 & Feb. 4 from 10-11:30.** Cost is \$10. Call the Center to sign up!



HOLIDAY HAPPENINGS!



- **THE SOUTHEASTERN MA COMMUNITY BAND** performs a holiday concert on **Monday, December 20.** Thanks to an anonymous donor, this concert will be **FREE!** Join us for cookies and cocoa at 6:30 PM and the concert will begin at 7:00 PM. Please note: *All attendees must show proof of full vaccination against COVID-19 to attend.* Please call the Center to sign up.
- **THE BUSY BEE HOLIDAY CRAFT FAIR** will take place at the Center on **Tuesday, December 7 and Thursday, December 9 from 10 AM- 2 PM.** Plan to stop in to get your hand-crafted items for the holidays here!

NOTE: The Senior Center will be closed on DEC. 24, 31 & JAN. 17

Daily Activities

MONDAY

9:00 AM

HAIRDRESSER/
BARBER
\$8 MEN/\$10
WOMEN

9:30 AM

ITALIAN
CONVERSATION
GROUP

10:30 AM

POKER

1:00 PM

CHAIR VOLLEYBALL

BOOK DISCUSSION
(1ST MONDAY)

AMERICAN MAH
JONG

1:15 PM

MOVIE MATINEE

6:00 PM

CRIBBAGE

TUESDAY

9:00 AM

CRIBBAGE

9:30 AM

LOW IMPACT W/
SHIRLEY MAE \$3

BUSY BEES

10:00 AM

CHAIR EXERCISE w/
JUDITH (VIA ZOOM)

HAND & FOOT

MANICURES \$10
-EVERY OTHER WEEK
BY APPT.

COA MEETING
(2ND TUES)

SENIOR PLAYERS
(BEGINS 1/11/22)

11:00 AM

CARDIO, STRENGTH,
& BALANCE \$3
(HYBRID)

12:30 PM

LEGAL CLINIC
(3RD TUES)

1:00 PM

BINGO

MINDFUL
MOVEMENTS \$3
(HYBRID)

QUILTING

CRIBBAGE
INSTRUCTION

AUDIO BOOK CLUB /
LOW VISION SUPPORT
(VIA PHONE)

CHESS (1ST & 3RD
TUESDAY)

WEDNESDAY

8:30 AM

BLOOD PRESSURE
& SUGAR TESTING

9:00 AM

WALKING GROUP

9:30 AM

SHINE
(By Appt only)

9:45 AM

CHAIR YOGA \$3

10:00 AM

KNITTING
SCRABBLE
ASIAN MAH JONG

VETERANS COFFEE
SOCIAL (1st Wed)

11:00AM

POUND FITNESS
\$3 (HYBRID)

1:00 PM

LINE DANCING \$2

CHAIR VOLLEYBALL

SENIOR SCRIBBLERS
(HYBRID)

HAIRDRESSER
\$8 mens/ \$10
women

FIBROMYALGIA
SUPPORT
(1st Wed)

BRIDGE
PITCH

4:00 PM

ALZHEIMER'S
CAREGIVERS
SUPPORT
(2ND & 4TH WED)

THURSDAY

8:30 AM

BLOOD PRESSURE &
SUGAR TESTING

SENIOR COFFEE
HOUR W/ STATE &
LOCAL OFFICIALS
(3RD THURS)

9:00 AM

CRIBBAGE

9:30 AM

BUSY BEES

LOW IMPACT W/
SHIRLEY MAE \$3

10:00 AM

VIRTUAL CHAIR W/
JUDITH (VIA ZOOM)

DISCUSSION GROUP
(HYBRID)

11:00 AM

CARDIO, STRENGTH,
& BALANCE \$3
(HYBRID)

12:00 PM

POKER

12:30 PM

OPEN ART STUDIO

1:00 PM

BINGO

TAI CHI \$3

FRIDAY

8:30 AM

PODIATRY
CLINIC
(MONTHLY; CALL
FOR DATE)

10:00 AM

WOODCARVING

HAND & FOOT

11:00 AM

ZUMBA GOLD
\$3 (HYBRID)

12:00 PM

T.O.P.S
TAKING OFF
POUNDS
SENSIBLY

1:00 PM

POKENO

POOL
INSTRUCTION

2:00 PM

SILVERTONES
CHORAL GROUP

REMINDER:

All entrants are
now required to
show proof of full
vaccination against
COVID-19 **or** wear
a mask while not
consuming food or
beverages.

*"Hybrid" events are in-
person, but also
available via Zoom.
Please call the center
for the link to join!*

Judith will be away Dec.
21– Dec. 31 and will
teach her cardio class
virtually. To join, email:
judivperez@gmail.com

**TOURS OF THE
SENIOR CENTER
ARE AVAILABLE
ON TUESDAYS &
THURSDAYS:
9 AM TO 12 PM.**



December & January Events

NORFOLK COUNTY SHERIFF'S OFFICE

WEDNESDAY, DEC. 1 AT 11:00 AM

The Norfolk County Sheriff's Office will be in-person at the Center to discuss several of their Senior Programs, including the RUOK program and Files of Life. Please call the Center to sign up.

PAGE TURNERS BOOK CLUB

FIRST MONDAY OF THE MONTH AT 1:00 PM

The group will discuss the following books:

December 6: *This Tender Land* by William Kent Krueger

January 3: *The Midnight Library* by Matt Haig

February 7: *Know My Name* by Chanel Miller

NUTRITION TALK

WEDNESDAY, DECEMBER 8 AT 12:00 PM

A Nutritionist from Milford Regional Hospital will join Nurse Trish in-person at the Center to discuss Heart Health and Diabetes. Please call to sign up.

JOE LANDRY

Wednesday, Dec. 8 & Jan. 12 at 1:00 PM

Franklin Native Joe Landry will share his collection of photos. In December, the focus will be the "Joseph G. Ray Swimming Pool", better known as the "Town Pool." In January, Joe will highlight the "Schools of Franklin." This event is in-person at the Center. Call to sign up.

DOWNSIZE OR STAY

THURSDAY, DEC. 9 AT 11:00 AM

Lynn Cohen and Annette Reynolds are two active seniors who have recently faced the challenge of deciding whether to stay in their home or downsize to a new place for the next phase in their lives. Join them for this conversational presentation which is designed to share what they learned through their research and personal experience. Call the Center to sign up.

FRANKLIN MATTERS Q&A

WEDNESDAY, DEC. 15 & JAN. 12 AT 10:00 AM.

Join Steve Sherlock in-person at the Senior Center or via Zoom as he discusses all things Franklin. Bring your questions! Email shersteve@gmail.com to register for Zoom.

MEMORY CAFE

WEDNESDAY, DEC. 15 & JAN. 19 AT 1:00 PM

See page 4 for details.

FRANKLIN'S ACE REPORTER AND THE GOLD RUSH

TUESDAY, DEC. 21 AT 11:00 AM

Former educator and history columnist Jim Buckley will be in-person at the Center to discuss this interesting topic. Please call the Center to sign up.

BALANCE AND STABILITY CLASS

Thursday, Dec. 30, Jan. 6, 13, 20 at 11:00 AM

Call the Center to sign up for this 4 week class with Nurse Trish.

"A Life Story"- Legacy Writing

Tuesday, January 11 at 10:00 AM

Faith and Family Hospice will provide every participant with "A Life Story" legacy book to record and preserve your special life memories for future generations to come. Reflect on your past, memorable moments, special events and so much more! Space is limited; please call the Center to sign up.

THE SENIOR PLAYERS

TUESDAYS AT 10:00 AM

Be an actor on stage, or be behind the scenes making the action come to life. Come play with the Senior Players at 10:00 AM on Tuesdays starting **January 11, 2022**. For questions, email info@jeanettescales.com

OPERA LECTURE

THURSDAY, JAN. 27 AT 10:00 AM

Speaker Erika Reitshamer will discuss Giacomo Puccini's best-loved opera, *La Bohème*. Puccini's passionate, timeless, and indelible story of love among young artists in Paris is one of the world's most popular operas. Even if you are familiar with the opera, this lecture will give you a fresh and in-depth appreciation of this masterpiece. Please call the Center to sign up.



Caregivers Corner



THE SUNSHINE CLUB offers frail elders individual attention and socialization. Fun activities, lively discussions and gentle exercises make for a stimulating day. For more information, call Ariel Doggett or Donna Haynes at 508-520-4945.

COMPANION CARE The Companion Care Program provides regularly scheduled, in-home respite for caregivers. If you are a caregiver and would like to know more about this program, please call Ariel Doggett, or email adoggett@franklinma.gov.

MEMORY CAFE Memory Cafes are a comfortable, safe space that allows people experiencing memory loss and a loved one to connect, socialize, and meet new friends. Join us at our "Where's The Toast" Memory Café in-person on **Wednesday, December 15** at 1:00 PM. PE James will be entertaining us with a winter / Holiday themed hour of music. On **Wednesday, January 19** at 1:00 PM, Howie Newman will kick off the New Year with songs everyone knows and loves. To attend, RSVP to Ariel at 508-520-4945 or adoggett@franklinma.gov.

ALZHEIMER'S CAREGIVERS SUPPORT GROUP Supports caregivers caring for loved ones with Alzheimer's or dementia. On-site respite care is available if needed. To join, email Elaine Owens at: elaine.owens@verizon.net, or call the Center for more information. The group will meet:

Wednesday, Dec. 8 and Dec. 22 at 4:00 p.m.

Wednesday, Jan. 12 and Jan. 26 at 4:00 p.m.

Low Vision & Hearing Support

AUDIO BOOK CLUB:

The Audio Book Club meets via conference call by calling **508-206-8603**. Participants are welcome to join using their favorite book format (book, audio, Kindle, etc.) All are welcome! This month the group will meet:

Tuesday, December 21: No Meeting— Have a joyous holiday season!

Tuesday, December 28 at 1:00 PM: Discussion of the book, *The Crucible: A Play in Four Acts*, by Arthur Miller.

Tuesday, January 18 & January 25 at 1:00 PM: Discussion of the current book via conference call.

LOW VISION SUPPORT GROUP:

Tuesday, December 7 at 1:00 PM: Audio reading of the FSC newsletter via conference call at 508-206-8603.

Tuesday, December 14th at 1:00 PM: Holiday Party at the Senior Center.

Tuesday, January 4 at 1:00 PM: Audio reading of the FSC newsletter via conference call at 508-206-8603.

Tuesday, January 11 at 1:00 PM: Guest speaker from the Massachusetts Association for the Blind and Visually Impaired.

HEARING SUPPORT GROUP:

The Hearing Support Group meets monthly. In December, the group will meet on **Wednesday, Dec. 8 at 1:00 PM** for a Holiday Party at the Senior Center. On **Wednesday, Jan. 12 at 1:00 PM**, Guest speaker will be Jonathan O'Dell, Director of Communication, Training and Technology Services at the Massachusetts Commission for the Deaf and Hard of Hearing.

Announcements

BOOSTER SHOTS Individuals ages 65 and older who received their vaccine during the early months of vaccine distribution may be experiencing waning effects of immunity. It is strongly recommended that all individuals schedule an appointment for a booster as soon as possible if they have not gotten one already.

To Schedule an Appointment:

- Visit the Vaxfinder tool at vaxfinder.mass.gov for a full list of locations to receive a booster.
- For individuals who are unable to use Vaxfinder, or have difficulty accessing the internet, the COVID-19 Vaccine Resource Line can help schedule appointments by calling 2-1-1 and following the prompts for assistance (Monday through Friday from 8:30 AM to 6:00 PM, Saturday and Sunday 9AM-2PM).

FLU SHOTS Franklin's Public Health Nurse has a limited supply of flu shots. Please call Alisha Sullivan if in need at 508-613-1334.

AARP FOUNDATION'S TAXAIDE is a program that provides free income tax preparation at the Senior Center for those with low to moderate income. Returns must be uncomplicated and not involve self-employed individuals, foreclosure, rental income, alternative minimum tax, capital gains or losses. Appointments fill fast, **please call the Center after January 1st to sign up.**

THE COMMON GROUNDS CAFE is looking for Volunteers! Tax work-off positions will be available beginning in January. Please call the Center for more information.

WEATHER CANCELATION ROBOCALL please call the center if you want to be notified of weather-related closings.

Thank You!

- ♦ **The Knights of Columbus, Sacred Heart Council 1847, St Mary Parish Franklin MA** for donating 160 pies from their annual Thanksgiving pie sale!
- ♦ **The Friends of Franklin Elders** for donating cafe gift certificates.
- ♦ **Dean College** for inviting seniors to participate in virtual classes this Fall Semester.
- ♦ **Mara Downie** for a generous donation in memory of **Virginia Caso.**
- ♦ **Audrey Bonacci** for her donation of handmade blankets.
- ♦ **Nancy Rappa** for a generous donation in memory of **Dora Sacchetine.**
- ♦ **Ralph and Sarah Spuehler** for a generous donation in memory of **Hazel Witzel.**



Feeling lonely at home? Interested in learning more about voice-activated technology to use in your home? You may be eligible to receive **a free Alexa device!**

Alexa is a voice-activated virtual assistant that works through a smart speaker and can help you with daily tasks, connect with the world and be a virtual companion. The Alexa Program is supported through a generous grant from the Metrowest Health Foundation. Eligible seniors will receive a device, set-up assistance and instruction! At a time when many are staying home, the Alexa program goal is to make being home less lonely. Call Maggie at 508-520-4945 for more information.

**METROWEST
HEALTH
FOUNDATION**

Friends of Franklin Elders, INC.

The Friends of Franklin Elders, Inc. (FOFE) is a private, non-profit organization whose purpose is to provide funds for programs, services, and equipment for the Franklin Senior Center that cannot be provided by state or local government. The Friends raise funds through membership fees, donations, and special events. Our next meetings are scheduled for **Friday, Dec. 17 at 9:30 a.m. & Friday, Jan. 28 at 9:30 a.m.** The public is welcome to attend.

JoAnn Wright, President
Nan Rafter, Vice President
Julie Garilli, Treasurer
Margie Lane, Secretary

Carol Ellsworth, Judy Pfeffer, Marge Capezza, Helen Power,
Paula Lombardi, Pam Spicer

DONATIONS

- **Nancy Conyers** in memory of **Hazel Witzel**
- **Hazels' Breakfast/Lunch Group** in Wolfeboro, NH in memory of **Hazel Witzel**
- **Carol Ellsworth** in memory of **Hazel Witzel**
- **Judith Schlieffe** in memory of **Dora Sacchetine**
- **Dr & Mrs Stuart Weinstein** in memory of **Hazel Witzel**
- **Marie Dalo** in memory of the **Dalo Family & Mucciarone Family**
- **Elizabeth Martin** in memory of **Fannie Pizzi**
- An anonymous donation in memory of **Linda Koplin**
- **Katherine G. Barnard** in memory of **Hazel Witzel**
- **Nancy Benson** in memory of **Hazel Witzel**
- **Anthony Kucich** in memory of **Barbara Kucich**
- **Maureen Murphy** in memory of **Hazel Witzel**

Veterans' Services Office (508) 613-1315

December 1 – Monthly Coffee Social – 10:00 a.m. at the Senior Center. Special thanks to our friends at Starbucks in Franklin and Walpole for their generous support at our monthly Socials and other veterans' events.

December 7 – Pearl Harbor Remembrance Day

December 13 – U.S. National Guard 385th Birthday

December 16 – Veterans' Council Meeting – 7:00 p.m. at the Senior Center. All members of the community are invited.

December 18 – National Wreaths Across America Day is dedicated to remembering the sacrifices veterans have made in wars since the American Revolution. Morrill Worcester's family-owned Maine wreath business has been making wreath donations to Arlington National Cemetery every December since 1992 and pays tribute in veteran cemeteries nationwide. The annual Wreaths Across America parade from Harrington, Maine to Arlington National Cemetery is described as the world's largest veterans' parade. Go to www.wreathscrossamerica.org to learn how you can sponsor a WAA wreath.

Tune It Out guitar lessons for veterans meets on Tuesdays from 5:30 – 6:30 p.m. at the Senior Center. Call the Veterans' office if interested in joining this wonderful program led by music instructor Jamie Barrett. Guitar experience is not required.

Thank you to all senior center guests and staff who took the time to sign holiday cards for our deployed troops. This small gesture means so much to them and is a great morale-booster! Wishing Happy, Healthy Holidays to All!

January 5 – Monthly Coffee Social – 10:00 a.m. at the Senior Center.

January 20 - Veterans' Council Meeting – 7:00 p.m. at the Senior Center. All members of the community are invited.

January 27 – Vietnam Peace Day

Proof of full COVID-19 vaccination or mask will be required at all Veterans' events.

F.O.F.E. MEMORIAL DONATION

Your Name

Address

In Memory of:

MAIL TO:

Friends of Franklin Elders, Inc.
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**The Friends of Franklin
Elders** are looking for new
members. If you would be
interested in serving on the
Friends Board, please call
the Senior Center at (508)
520-4945.



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NEWSLETTER ADVERTISING

Over the years, the generous
and continuing support of
area businesses has enabled
publication of our informative
10 month "The Connection"
newsletter. If you aren't
already part of our advertising
team and would like your
advertising message to reach
3,000 seniors, please contact
Pam Spicer at
rhspc@comcast.net for more
information.

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FRANKLIN

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RECENT REVIEWS

"We had a fantastic experience with Warren. He was very attentive and listened. With his help we listed higher than 3 other realtors recommended and got our asking price! I am beyond thrilled!" KA

"Having used Warren to sell 8 houses, I can't say enough about his professionalism. He is extremely responsive and works hard to follow the sale to the end. You won't be disappointed." PW

See reviews, Warren's recent sales and learn more at 02038.com.

Berkshire Hathaway HomeServices Commonwealth • Warren Reynolds, Esq. • 508-561-6259

FRANKLIN COUNCIL ON AGING

Officers:

Chairman.....Bob Crowley
Vice-Chairman..... Ron Higginbottom
Secretary.....Lyn O'Brien

Members:

Faith Flaherty, Mary Hick, Jan Jewett, Janet
Milici, Ken Norman, Lester Quan

Staff:

Program Coordinator.....Sue Barbour
Social Svc. Coordinator.....Maggie Gundersen
Administrative Assistant.....Mary Hynes
Respite Coordinator.....Ariel Doggett
Supportive Day Coordinator.....Donna Haynes
Wellness Nurse.....Trish Collatos
Food & Beverage Coordinator.....Paul Ledwith
Veterans' Services Officer.....Shannon Nisbett
Veterans' Services Assistant.....Debra Martin
Public Health Nurse.....Alisha Sullivan

**The Franklin Connection is distributed with
funds provided by the Executive Office
of Elder Affairs, and the Friends of
Franklin Elders, Inc.**

Friends of Franklin Elders, Inc.
c/o Franklin Council on Aging
10 Daniel McCahill Street
Franklin, MA 02038

Pre-Sorted
Standard
Franklin, MA
Permit No. 13

Franklin Senior Center

"Independence, Engagement & Connection!"

*The Franklin Council on Aging meets on the second Tuesday of the month at
10 :00 a.m. This is an open meeting; the public is invited to attend.*

*The mission of the Franklin Council on Aging is to enhance the independence and
quality of life for Franklin older adults by:*

- ◆ *Identifying the needs of this population and creating programs that meet
those needs.*
- ◆ *Offering the knowledge, tools and opportunities to promote mental, social and
physical well-being.*
- ◆ *Advocating for relevant programs and services in our community.*
- ◆ *Serving as a community focal point for aging issues and as liaison to local,
state and Federal resources for older adults and their families.*

Monday Matinee

Free Movies & Popcorn at 1:15 PM

DEC. 6: FOUR CHRISTMASES (PG-13) When their plans for a holiday getaway fall apart,
a couple must spend Christmas Day trudging to a quartet of family get-togethers; with
Vince Vaughn & Reese Witherspoon.

DEC. 13: MEET ME IN ST. LOUIS Young love and childish fears highlight a year in the life
of a turn-of-the-century family; with Judy Garland.

Dec 20: A CHRISTMAS STORY (PG) In the 1940s, little Ralphie tries to convince his parents to get him a Red Ryder
range-modle BB gun for Christmas; with Peter Billingsley, Melinda Dillon & Darren McGavin.

Dec 27: NEW YEAR'S EVE (PG-13) Set during New Year's Eve in New York City, this movie follows several people and
how the day affects them; with an ensemble cast.

Jan 3: GOING IN STYLE (PG-13) Cheated out of their pensions, three lifelong friends hatch a plot to rob a bank. But
they have to stay one step ahead of the FBI; with Morgan Freeman, Michael Caine & Alan Arkin.

Jan 10: GHOST (PG-13) After an investment banker is murdered, his spirit lingers on earth and enlists the help of a
psychic to warn the woman he loves that she's in danger; with Patrick Swayze, Demi Moor & Whoopi Goldberg.

Jan 24: THE BLIND SIDE (PG-13)The story of Michael Oher, a homeless and traumatized boy who became an All-
American football player and first-round NFL draft pick with the help of a caring woman and her family; with Sandra
Bullock & Tim McGraw.

Jan 31: MY BIG FAT GREEK WEDDING (PG) Nia Vardalos stars as a girl who creates a stir within her traditional Greek
family by falling for a guy with one flaw– he's not Greek! With Nia Vardalos and John Corbett.

